



GIST 제1학생식당 주간식단표



* 상기 식단은 시장 수급 상황 또는 식당 사정에 따라 달라질 수 있습니다.*

2022년 1월

*상시 샐러드바 운영

★	01월 10일(월)	01월 11일(화)	01월 12일(수)	01월 13일(목)	01월 14일(금)
lunch	black rice	black rice	black rice	black rice	black rice
	stir-fried seafood udon	pork sausage grill	pork bag stew	stone pot roe bibimbap rice	buckwheat noodles
	fried chicken	rice cake stir-fry	chicken popcorn	pork japchae	stir-fried pork kimchi
	spring greens	uncooked shrimp	spinach greens	sausage rolls	water blue fry
	shrimp seaweed soup	shiraegi miso soup	fresh seaweed*pasture	udon soup	garlic pickled pickles
	cabbage kimchi	cabbage kimchi	cabbage kimchi	cabbage kimchi	radish kimchi
salad bar	green salad	lettuce*mugwort	fruit	chicory apple salad	green salad
dinner	black rice	black rice	black rice	black rice	black rice
	pork backbone soup	shrimp seaweed soup	shiraegi miso soup	bean sprout soup	fish cake soup
	chicken cutlet	meatball ratatouille	chili chicken stir-fry	pork stir-fry	pork cutlet
	saureed nam cabbage	egg custard	fried water dumplings	pumpkin stuffed	nam potato stir-fry
	three-legged greens	lotus root	stewed fish cake	broccoli sprouts	soybean stew
	dried radish radish	seaweed seasoning	pickled sesame leaves	with lettuce	pickled celery pickled radish
	cabbage kimchi	cabbage kimchi	cabbage kimchi	cabbage kimchi	cabbage kimchi

★ 원산지 표시 ★

쇠고기(호주산)돈육(국내산)돈뼈(국내산)삼겹살(독일산),고등어(국내산),김치(배추,고춧가루:중국산)닭(국내산)쌀(국내산)

★ 알레르기 유발식품 (Allergy-induced food labelling guidance) ★

①난류(egg), ②우유(milk), ③메밀(buckwheat), ④대두(soybean), ⑤땅콩(peanut), ⑥밀(wheat), ⑦새우(shrimp), ⑧돼지고기(pork), ⑨닭고기(chicken), ⑩쇠고기(beef), ⑪오징어(squid), ⑫고등어(mackerel) ⑬조개류(shellfish) ⑭토마토(tomato) ⑮아황산염(sulfite)